Boston's Age Strong Commission

Weekly Digest

December 13-19, 2021

Information & opportunities for Boston's older adults

GET A NEW HEATING SYSTEM WITH SENIORS SAVE

The program is now providing up to \$8,000 to income-eligible Bostonians over 60 years old to replace faulty heating systems.

Visit boston.gov/how-join-seniors-save-program for the application and more information.

CITY of BOSTON

WEEKLY DIGEST **Table of Contents**

Events December 13-19

Covid Booster Shots

Spice Bank Collective

Food Resource Guide

Stay Connected to Age Strong:

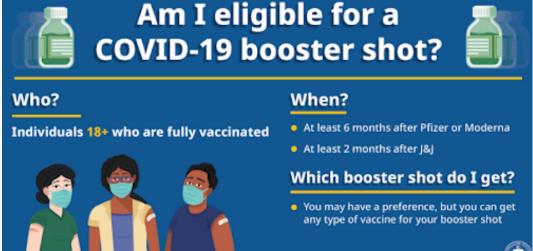
City Hall, Room 271 1 City Hall Square Boston, MA 02201 617-635-4366 agestrong@boston.gov boston.gov/agestrong





@AgeStrongBos









MONDAY, DECEMBER 13

9:30am

Age Strong Commission Virtual Chair Yoga Click here to attend via Zoom.

<u>11am</u>

Age Strong Commission Virtual ZumbaClick here to attend via Zoom.

<u>6pm</u>

Black History Connections in Kwanzaa

Boston Public Library, Codman Square 690 Washington Street, Dorchester Click <u>here</u> to register & for more information.

TUESDAY, DECEMBER 14

10:30am (through Feb 22)

A Quilting Circle

Boston Public Library, Codman Square Branch 690 Washington Street, Dorchester

Click here to register & for more information.

10:30am

BPL Virtual: Career Skills: Interviewing - Tips & Tricks

Click here to register & for more information.

<u>11:30am</u>

Age Strong Commission Virtual Latin Dance

Click here to attend via Zoom.

12noon

BPL Virtual: Introduction to Medicare: Learn the Basics

Click <u>here</u> to register & for more information.

12noon-5pm

Jamaica Plain Farmers Market (through Dec 18)

677 Centre St, Jamaica Plain Click here for more information.

<u>2pm</u>

BPL Virtual: When Good Things Maybe Aren't Anymore: Medication, Polypharmacy, and Aging with Christine Ritchie, MD, MSPH and Esteban Franco-Garcia, MD

Click here to register & for more information.

6:30pm

Veterans Appreciation Night at Boston Ballet Opera House

539 Washington Street, Downtown Click <u>here</u> for more information.

WEDNESDAY, DECEMBER 15

<u>10:30am</u>

BPL: Book Discussion Group: The Power by Naomi Alderman

Boston Public Library, West Roxbury Branch

1961 Centre Street, West Roxbury Click <u>here</u> to register & for more information.

11:30am

Age Strong Commission Virtual Yoga Click here to attend via Zoom.

12noon-3pm

Free Immigration Consultations

Mayor's Office of Immigrant Advancement

Click here for more information.

<u>1-3pm</u>

Recipe Box Gathering

Boston Public Library, Roxbury Branch 149 Dudley Street, Roxbury Click <u>here</u> to register & for more information.



<u>3pm</u>

BPL Virtual: Shelf Service Live Personalized Reading Recommendations from BPL Librarians

Click <u>here</u> to register & for more information.

6:30pm

Food & Book Club: Notes On Grief by Chimamanda Ngozi Adichie

Boston Public Library, Egleston Square 2044 Columbus Avenue, Roxbury Click <u>here</u> to register & for more information.

<u>7pm</u>

BPL Virtual: Parenting with an Accent: How Immigrants Honor Their Heritage,
Navigate Setbacks, and Chart New Paths for Their Children by Masha Rumer
Click here to register & for more information.



THURSDAY, DECEMBER 16

12noon-7pm

Friends of Uphams Corner Holiday Meet and Greet

Boston Public Library, Uphams Corner 500 Columbia Road, Dorchester Click here for more information.

<u>2pm</u>

New England Conservatory: Holiday Ensemble with the Four Paper Clips

Boston Public Library, Central Branch 700 Boylston Street, Copley Square Click <u>here</u> for more information.

2:30-5:30pm

Dudley Town Commons Farmers Market (through Jan 27)

11 Brook Ave, Roxbury Click here for more information.

<u>6:30pm</u>

BPL: "¡Con Salsa!"

The History of Afro-Latin Music in the United States, Past, Present & Future

Boston Public Library, East Boston Branch 365 Bremen Street, East Boston Click <u>here</u> to register & for more information.

<u>8pm</u>

Digital Concert: Jason Palmer Quintet Celebrity Series of Boston

Click here to register & for more information.

FRIDAY, DECEMBER 17

11:30am

Age Strong Commission Virtual Meditation Click <u>here</u> to join via Zoom.

<u>4pm</u>

BPL: Virtual: Friday Unwind: Gentle Yoga with Hands to Heart Center

Click here to register & for more information.

SATURDAY, DECEMBER 18

12noon-5pm

Jamaica Plain Farmers Market (through Dec 18)

677 Centre St, Jamaica Plain Click <u>here</u> for more information.

<u>1pm</u>

Caroling at the Carousel with North End Music & Performing Arts Center Rose Kennedy Greenway

Click here for more information.





DECEMBER FOOD RESOURCE GUIDE



Holiday food resources, all in one place.

Available in 6 languages.

VISIT: www.vitalcxns.org/food